

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  New Year's Day	2 Poetry in Motion @ 10 Bowling @ Thunder-Head @ 1pm Art class 1:30-3	3 Strength Training @10 Cards, games & puzzles	4 Yoga @ 10 Poetry in Motion @11 UNO card game	5 Strength Training @ 10 Nutrition minute Cards & games	6 Poetry in Motion @10 Canasta @ 12:30 Groceries for Seniors @FSC 1pm	7 Trip Friday Jan.13 th National Air & Space Museum 9am -3:30 20.00 bring lunch
8	9 Poetry in Motion @ 10 Bowling @ Thunder-Head @ 1pm Art class 1:30-3	10 Strength Training @10 Cards, games & puzzles	11 Yoga @ 10 Bridge @ 12:30 Craft class/ craft to be announced	12 Strength Training @ 10 Speaker/From Lions Club Cards & games	13 Poetry in Motion exercise @ 10 Canasta @ 12:30	14
15 Walk in Pickle Ball On Mondays @ 3pm	16 Poetry in Motion @ 10 Bowling @ Thunder-Head @ 1pm Art class 1:30-3 <small>Martin Luther King Day</small>	17 Strength Training @ 10 BPs & Health Talk "It's A New Year and a New You"	18 Yoga @ 10 Poetry in Motion @11 UNO card game	19 Strength Training @ 10 Snow Ball Challenge with Head Start @ 10:30	20 Poetry in Motion exercise @ 10 Canasta @ 12:30	21 Friday Jan.27 th . Bavarian Restaurant 10:45-2:30pm
22	23 Poetry in Motion @ 10 Bowling @ Thunder-Head @ 1pm Art class 1:30-3	24 Strength Training @10 Cards, games & puzzles	25 Yoga @ 10 Poetry in Motion @11	26 CLOSED Staff Development Day <small>Australia Day</small>	27 Poetry in Motion exercise @ 10 Canasta @ 12:30	28 <small>Chinese New Year</small>
29	30 Poetry in Motion @ 10 Bowling @ Thunder-Head @ 1pm Art class 1:30-3	Strength Training @ 10 Cards, games & puzzles	<div>  <h1>January 2017</h1> <h2>Emmitsburg Senior Center</h2> </div>			